

## **Simple Steps You Can Take to be Part of the Solution to Pollution!**

Air pollution is a problem for all of us, but each one of us can be a part of the solution to this problem. The choices that we make individually every day can decrease air pollution and can help protect our health. We have the power to change our homes as well as our transportation and consumer habits in ways which aid the reduction of air pollution. The following list suggests ways to help you do your part!

### **Regarding your car, you can...**

- reduce time driving, especially during peak traffic periods or hot days.
- carpool, use public transportation, walk, ride a bike.
- combine your errands into one trip and park centrally, walking as much as possible.
- choose your route before you leave to avoid traffic tie-ups.
- limit engine idling time to not more than 30 seconds.
- accelerate gradually, maintain speed limit, and use cruise control on the highway.
- avoid waiting in long drive-through lines.
- keep your vehicle well maintained.
- use an energy-conserving grade of motor oil.
- change air and oil filters regularly.
- keep tires properly inflated and aligned.
- repair all vehicle leaks.
- make an appointment with a repair tech if "check engine light" is illuminated.
- ask if used materials are recycled before having vehicle serviced and, if not, consider going to an environmentally friendly shop.
- minimize use of vehicle's air conditioning.
- use EPA-certified facilities for air conditioner repair.
- fill gas tank during cooler evening hours to reduce evaporation.
- avoid spilling gas and don't "top off" the tank.
- replace gas tank cap tightly.

### **At home you can...**

- use energy-efficient lighting and appliances.
- contact your local electric utility to see if "green power" is available.
- turn off appliances and lights when not in use.
- use the microwave to cook small meals.
- plant deciduous trees to provide shade in the summer and to allow light in the winter.
- recycle paper, plastic, glass bottles, aluminum cans and cardboard.
- reuse materials like paper bags and boxes.

- keep household paints, solvents and pesticides in air-tight containers.
- paint with a brush, not a sprayer.
- keep woodstoves and fireplaces well maintained.
- keep air conditioning and refrigeration systems well maintained.
- reduce air conditioning and heating use when possible.
- check filters monthly to ensure cleaner air.
- insulate your home, water heater and pipes.

### **At work you can...**

- buy energy-efficient computers and lighting.
- turn off all equipment and lights when not in use.
- pack a lunch and eat in or walk to lunch.
- take the stairs instead of the elevator.
- work a flexible schedule and commute during non-peak driving times.
- telecommute, if feasible.
- take advantage of any ride-share or carpooling programs.
- keep fleet vehicles well maintained.
- adopt office-wide pollution prevention methods.
- recycle office products.
- buy new products that have less packaging and are reusable